



Monthly Messenger

APRIL 2025

8540 US 31 South Indianapolis | www.christindyumc.com
317-882-1549 | mail@christindyumc.com

Holy Week

April 13th | Palm Sunday 9am & 11:15am
April 17th | Maundy Thursday Service 7pm
April 18th | Good Friday Service 7pm
April 20th | Easter Morning Services 9am & 11:15am



It's a perfect season to invite a neighbor, friend, or family to join us!

Good Friday Prayer Vigil



We are planning a Good Friday Prayer Vigil from noon to 3 pm on Friday, April 18th. Participation is open to all congregants. We hope to have at least one person praying in the CIUMC sanctuary during the entire three-hour period. At-home or in-place participation is also encouraged. Minimum commitment of time is 15 minutes, but longer commitments are welcome. Suggested prayer focus sheets will be available in the sanctuary and upon request. We will have sign-up sheets in the Narthex beginning March 30th OR text Sheri Stormes (317-435-0699) for more info!

Maundy Thursday



Soup Pot Luck Dinner- Bring your favorite soup to share!
Meal sponsored by the Chancel Choir.
More details to come.
5:30-6:30pm

All-Church Visioning Retreat From Pastor Greg

On March 1, 2025, members and friends of Christ Indianapolis United Methodist Church gathered for our All-Church Visioning Retreat. All members and friends of CIUMC were invited, and 67 people gave their Saturday morning and afternoon to participate in this time of discerning the Holy Spirit's guidance for our congregation.

The process of discernment we used allowed everyone to bring ideas and to prayerfully identify the ideas that they thought the church should set as goals. Using small stickers to cast "votes," we gathered the combined feedback of all participants to determine which ideas would become our congregational goals for the coming years.

CIUMC's core values are summarized in our "Six Pillars" of Fellowship, Service, Prayer, Community Outreach, Witness, and Worship. Each goal we set as a congregation is listed under the "Pillar" that it most closely aligns with, or one additional category we made called "Institutional Maintenance". In addition, each goal is annotated with the following:

- The length of time we gave ourselves as a congregation to meet the goal
- The committee, team, or work group that will be responsible for shepherding the goal to completion
- Individuals who signed their names next to the goal, expressing willingness to be part of the shepherding process for the goal
- A "Pastor's Note" adding any helpful information or observations from the All-Church Visioning Retreat about each specific goal, as needed.

Here are the goals that we set as a congregation at our 2025 All-Church Visioning Retreat.

FELLOWSHIP

- Throw a fabulous, faith-filled 60th birthday party for Christ Indianapolis United Methodist Church (1-YEAR GOAL)

A new team will be created to shepherd this goal to completion.

Currently signed up: Damon Cox, Debbie Faulk, Jen Messersmith, Ann Moore, John Moore.

Want to be part of this team? Contact the church office at (317) 882-1549 or mail@christindyumc.com.

ADDITIONAL THOUGHT: September 19, 2025 will mark the 60th anniversary of the first worship service of this congregation (which, at the time, was called Christ Methodist Church). What a joy it will be for us as a congregation to throw ourselves a 60th birthday party, and to praise God for 60 years of faithful worship, service, and mission as a church!

- Buy and operate a church van or multi-purpose vehicle (2-YEAR GOAL)

The Trustees (Scott Hutson, chair) will provide oversight to the team that will shepherd this goal to completion.

Currently signed up: Damon Cox, Amanda Schnepp.

Want to be part of this team? Contact the church office at (317) 882-1549 or mail@christindyumc.com.

SERVICE

- Conduct a community survey to identify the needs of our local community that CIUMC could help address (1-YEAR GOAL)

The Community Survey Task Force (Ruby Hopkins, chair) is the team that will shepherd this goal to completion.

Currently signed up: Ruby Hopkins, Amanda Ifeachor, Jim Pitman, Mya Taylor, Art Temple.

Want to be part of this team? Contact the church office at (317) 882-1549 or mail@christindyumc.com.

ADDITIONAL THOUGHT: When this goal was discerned by the All-Church Visioning Retreat, it was a wonderful affirmation of something that was already in the works. The kick-off meeting for the Community Survey Task Force was already scheduled for the following Monday! Ruby Hopkins and her team are working with Joe Garrison of Moonflower Marketing to survey the community around CIUMC to determine the needs of our neighbors. Be watching over the next twelve months for results.

PRAYER

- Plan and carry out a prayer vigil (6-MONTH GOAL)

The Prayer Team (Shirley Branham and Susie Cala) will provide oversight to the team that will shepherd this goal to completion.

Currently signed up: Diane Knight, Sheri Stormes.

Want to be part of this team? Contact the church office at (317) 882-1549 or mail@christindyumc.com.

COMMUNITY OUTREACH

- Update the CIUMC welcome center, emphasizing opportunities for involvement (6-MONTH GOAL)

The Worship Committee (Bob Sabo, chair) will provide oversight to the team that will shepherd this goal to completion.

Currently signed up: Terri Haehnle, Jen Messersmith.

Want to be part of this team? Contact the church office at (317) 882-1549 or mail@christindyumc.com.

ADDITIONAL THOUGHT: Much of the work of this goal is already underway. Sunday school classes and other ministries that have submitted information about their activities will see this information made available as part of the welcome center.

- Host a monthly meal for the community (6-MONTH GOAL)

The Outreach Team (Elden Hartman, chair) will provide oversight to the team that will shepherd this goal to completion.

Currently signed up: Gerry Riley, Amanda Schnepf, Elise Taylor.

Want to be part of this team? Contact the church office at (317) 882-1549 or mail@christindyumc.com.

ADDITIONAL THOUGHT: Yum!

- Have a car show (1-YEAR GOAL)

A new team will be created to shepherd this goal to completion.

Currently signed up: Steve Brinkerhoff, Katie Eilerman, Sharon Gober, Elise Taylor.

Want to be part of this team? Contact the church office at (317) 882-1549 or mail@christindyumc.com.

- Create a guest welcome team to improve our process of guest welcome and follow-up (6-MONTH GOAL)

A new team will be created to shepherd this goal to completion.

Currently signed up: Shirley Branham.

Want to be part of this team? Contact the church office at (317) 882-1549 or mail@christindyumc.com.

WITNESS

- Develop a training process for CIUMC members and friends to learn to witness to others about Jesus Christ (2-YEAR GOAL)

Rev. Greg Pimlott and Rev. Julie Pimlott will provide oversight to the team that will shepherd this goal to completion.

Currently signed up: Tim Messersmith, Greg Pimlott, Julie Pimlott, Adam Walls.

Want to be part of this team? Contact the church office at (317) 882-1549 or mail@christindyumc.com.

WORSHIP

- Plan occasional combined worship services for Sanctuary Service and THIRST (2-YEAR GOAL)

Rev. Greg Pimlott and the Worship Committee (Bob Sabo, chair) will provide oversight to the team that will shepherd this goal to completion.

Currently signed up: Will Mays, Greg Pimlott.

Want to be part of this team? Contact the church office at (317) 882-1549 or mail@christindyumc.com.

ADDITIONAL THOUGHT: Don't panic—this isn't Phase One in merging our two worship services into one (or if it is, nobody has told me about it!) Many of you have told me about a powerful, joint Holy Week service that both THIRST and Sanctuary service worshipers attended a couple of years ago, which began in the Fellowship Hall and made its way to the sanctuary. My sense of the conversation around this goal was a desire to have more opportunities for folks who come to the Sanctuary service and folks who come to the THIRST service to have opportunities to build relationships with each other.

- Enhance worship music at CIUMC including the following: (2-YEAR GOAL)

–Incorporate more modern music into 9 am service while still maintaining the overall “feel” of the service

–Have “live” worship music every week at THIRST

–Increase use of CIUMC members and friends for special music

Rev. Greg Pimlott, Rev. Julie Pimlott, and the Worship Committee will provide oversight to the team that will shepherd this goal to completion.

Currently signed up: Brian Hall, Greg Pimlott, Julie Pimlott, Sheri Stormes.

Want to be part of this team? Contact the church office at (317) 882-1549 or mail@christindyumc.com.

ADDITIONAL THOUGHT: Oh, man, we started talking about worship music! There aren't many things that raises Christians' blood pressure and anxiety level more than this. Do something for me: take a look at the names of the people who are signed up to help figure out how to implement this goal. They are sensible people whom you know, love, and trust. They are not extreme people with wild ideas. They are people who will value your feedback and will work hard to carry out this goal in a way that honors the character of our congregation and our worship.

INSTITUTIONAL MAINTENANCE

- Implement landscaping and outside improvements (including shelterhouse) (2-YEAR GOAL)
The Trustees (Scott Hutson, chair) will provide oversight to the team that will shepherd this goal to completion. Currently signed up: Bill Banker, Damon Cox, Brenda Dugan, Brian Hall, Danny Hester, Diane Knight. Want to be part of this team? Contact the church office at (317) 882-1549 or mail@christindyumc.com.

We came up with LOTS of ideas at the All-Church Visioning Retreat, but were only able to choose a few to focus on as a congregation. If your idea—or an idea you liked—didn't "make the cut," it means we're not going to focus on that particular idea as a congregation right now. It doesn't mean it can't happen! If there was an idea from the All-Church Visioning Retreat that you can't get out of your mind, and you're willing to lead the charge yourself to get it accomplished, come talk to me. We'll discern together whether it's something that feels right for CIUMC right now, and how you could go about working on it.

Greg

P.S. If you weren't at the All-Church Visioning Retreat and you're curious to see ALL the ideas that were presented, the sheets that the groups wrote their ideas on will be in the office through Easter.

From the Board of Trustees

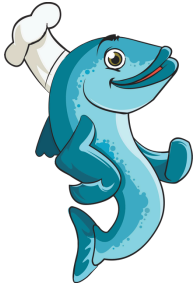
Keeping our church grounds looking their best is no small task, but this year, the Board of Trustees is dedicated to maintaining the flower beds and keeping them free of weeds and debris—and we need your help! Whether you have 10 minutes or an entire day to spare, every effort makes a difference. A sign-up sheet will be posted on the bulletin board outside the office, where you can record the areas you've worked on and when. Let's come together to keep our outdoor spaces beautiful this spring!

Inside the building, there are always little things that need attention—burnt-out light bulbs, stubborn doors, or stains that could use some cleaning. If you notice something that needs fixing, you can easily help by submitting a work order at christindyumc.com/facilities. This ensures the right person is notified and the issue is addressed quickly. With such a large building, every bit of input helps us keep things running smoothly.

Maintaining our church also requires financial support, and the Building Fund plays a crucial role. After the mortgage was paid off, this fund replaced the "Debt Retirement" fund and now covers essential projects beyond the regular church budget. From upgrading the HVAC system to enhancing security, the Building Fund helps keep our church safe, functional, and welcoming. Your contributions allow us to stay ahead of maintenance, preventing small issues from turning into costly problems. Every donation, no matter the size, helps preserve our church for years to come. Thank you for your continued generosity and for being such an important part of our church family!

A special thanks to David Haehnle for coordinating the renovation of the restrooms in the back hallway, and to Scott Hutson, Brian Hall, Bill Banker, Joe Tutterrow and Ed Land for their contributions and hard work. It's still in progress, but the improvements are already making a big difference. We appreciate your time, skills, and dedication!

Spring Fish Fry



April 11th: 1 DAY FISH FRY!!!!

The fish is in! We are planning!

“Thank God for Cod!”

This will be a one day adventure to help support the General Fund!

Drive Thru & Delivery Only

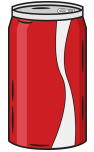
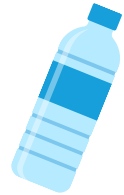
If you are interested in volunteering reach out to Beth Hutson.

Soda donations are Needed for the Fish Fry

Coke, Diet Coke - 12oz cans

Bottled Water - app. 20oz.

See the board in narthex-pull a card and return by April 6th.



From Becky Morris, Music Director



We March into April with April Fools Day, Palm Sunday, Holy Week, and then Easter with HIS RESURRECTION!

Music Rehearsal Schedule:

Music with Becky: Sun. April 13, 20 & 27 | 9:45 – 10:15 am
Children are learning how to play the chimes

Resurrection Bells: Wed. April 2, 9, 16, 23 & 30 | 11:00 – 12:00 Noon

Chancel Choir: Wed. April 16 | 6:00-7:30 pm with brass
Thurs. April 3, 10, & 24 | 6:00 – 7:30 pm

Maunday Thursday: April 17 | Choir is inviting you to attend a pot-luck soup supper before Church Service at 5:30–6:30 pm

Sunday, April 27 | Please join the Chancel Choir and Rob at 3:00 pm down at Greenwood Village for their Church Service. You just might see some of our church members who can't attend our service anymore.

Remember the song that Pat Boone sang? April Love.
Enjoy the month of April, because it brings May Flowers.

In song,
Becky

From Jennifer Land, Preschool/Childcare Director

It's ok if your child doesn't always win

As Director, over the years, I have noticed an increase in mentally weak children. Children who have been robbed of their self-esteem, children who can't make decisions on their own, children who aren't operating at their full potential. As parents, we obviously want our children to be the best that they can be. As parents, it is our job to guide them and teach them. Sometimes that means getting out of the way and letting them fail. Be there when they fail to help them through the reasoning and to give them guidance on how they can have a different outcome in the future when they are faced with the same or similar scenarios. We don't want our children to hurt. However, it's in those feelings of failure, feelings of doubt, feelings of loss, feelings of sadness that our children grow. Having experienced a great balance of successes and failures, our children can grow into strong, self-sufficient, problem-solving young children who can go on to become very successful adults. I recommend all parents to read a book entitled, *Raising Mentally Strong Kids*. In this book, Dr. Amen teaches parents how to combine the power of neuroscience with love and logic to grow confident, kind, responsible, and resilient children and young adults. I have included an article about the book. I recommend this read for parents, educators, or anyone with children in their lives.

Dr. Daniel Amen's Guide to Raising Mentally Strong Kids – Amen University

In his new book, "Raising Mentally Strong Kids," Dr. Daniel Amen offers invaluable insights for parents seeking to nurture resilience, emotional intelligence, and mental well-being in their children. Drawing from his extensive experience as a psychiatrist and *brain health expert*, Dr. Amen emphasizes the importance of creating a supportive environment that fosters positive brain development.

Key Lessons from the Book

1. Understanding the Brain: Dr. Amen provides an accessible explanation of how the brain functions in children and the factors that influence its development. He stresses the importance of recognizing and supporting the unique wiring of each child's brain. This understanding helps parents tailor their approach to better meet their children's individual needs, promoting healthier emotional and cognitive development.
2. Promoting Positive Thinking: One of the core messages of "Raising Mentally Strong Kids" is the power of positive thinking. Dr. Amen encourages parents to teach their children how to challenge negative thoughts and replace them with constructive, optimistic perspectives. This practice not only boosts self-esteem but also helps children develop resilience in the face of adversity.
3. Nutrition and Brain Health: The book emphasizes the significant role nutrition plays in mental and emotional well-being. Dr. Amen outlines specific dietary recommendations that support brain health, such as incorporating omega-3 fatty acids, antioxidants, and nutrient-rich foods. He also highlights the impact of sugar and processed foods on mood and behavior, advocating for a balanced diet that nourishes the brain.
4. The Importance of Physical Activity: Physical activity is crucial for maintaining a healthy brain. Dr. Amen discusses how regular exercise enhances brain function, improves mood, and reduces stress. He encourages parents to engage their children in physical activities that they enjoy, helping them build healthy habits early in life.

Continued on page 8

Continued from page 7

6. Building Emotional Intelligence: Emotional intelligence is a critical component of mental strength. Dr. Amen offers strategies for teaching children to recognize, understand, and manage their emotions. He discusses the benefits of mindfulness practices, such as deep breathing and meditation, in helping children develop emotional regulation skills.

7. Creating a Supportive Environment: The environment in which a child grows up plays a pivotal role in their mental health. Dr. Amen advises parents to create a nurturing and supportive home environment. This includes maintaining open communication, setting clear expectations, and providing consistent encouragement and praise.

8. Teaching Problem-Solving Skills: Dr. Amen emphasizes the importance of equipping children with problem-solving skills. He suggests involving children in decision-making processes and encouraging them to think critically about the consequences of their actions. This approach fosters independence and confidence in their ability to handle challenges.

9. Encouraging a Growth Mindset: The concept of a growth mindset, popularized by psychologist Carol Dweck, is also a key theme in the book. Dr. Amen advocates for teaching children that their abilities and intelligence can grow with effort and perseverance. This mindset helps children view challenges as opportunities for growth rather than obstacles.

Prioritizing Mental Health: Finally, "Raising Mentally Strong Kids" emphasizes the importance of prioritizing mental health. Dr. Amen encourages parents to be proactive in addressing any mental health concerns their children may have. He also highlights the value of seeking professional support when needed and destigmatizing mental health issues.

Conclusion

Dr. Daniel Amen's "Raising Mentally Strong Kids" is a comprehensive guide for parents who want to cultivate mental resilience and well-being in their children. By focusing on brain health, positive thinking, emotional intelligence, and healthy lifestyle choices, parents can equip their children with the tools they need to thrive. The book offers practical advice and actionable strategies, making it an invaluable resource for anyone interested in fostering the next generation's mental strength and well-being.

Ladies' Tea

You are cordially invited to the Ladies Tea 2025

LOVE, FAITH, HOPE

Sunday, May 4th from 2-4 PM in Fellowship Hall

We will be celebrating the ways we love children and give them hope through Christian Ministry this year at the Tea. Our Speaker is Kathy Buck who will be sharing her ministry, Book Pillows of Hope. Kathy has a fascinating story of how this ministry started and has grown through God's help. The proceeds from the Tea will be given to our own Quilt Ministry at Christ church, which gives comfort to children through their quilts. We will have a light luncheon, a prize for the best table decor, and lovely background music for a fun afternoon.

Tickets are: adults \$12 and kids under 10 years old \$6. Tickets are available from the church office or in the narthex on Sunday mornings.

We hope to see you there.



Thank You!



A big THANK YOU to Becky and Dave Byrum, David Haehnle, and Joe Schnepf for providing Youth Group dinners during March. Your gifts of service were delicious and very much appreciated!

Thank you to Pastor Greg for all of your work in helping us plan Youth Sunday and teaching us the importance of the sacrament of communion. ~CIUMC Youth Group

Thank you to everyone who kept my family in prayers during my mother's illness. They were felt and very much appreciated- LaRena Brown.

In Sympathy

Please keep the friends and family of Cruize Hodge in your prayers. Especially, his step-siblings, Allen Hodge and Shala Hodge. Cruize passed away on February 25th, 2025.

Please keep the friends and family of Barbara Elliott in your prayers. Barbara passed away on February 24th, 2025.

Please keep the friends and family of Luella Ballenger in your prayers, especially her daughter, LaRena Brown. Luella passed away on March 18th.



**HAPPY
BIRTHDAY**

4.4 Mike Caldwell
4.4 Andy Ronan
4.4 Andrew Schnepf
4.5 Millie Eilerman
4.7 Crystal Peel
4.8 Jason Kallio
4.8 Mike Martin
4.8 Levi Rogers
4.9 Cathy Ayers
4.9 Lorraine Cavaness
4.10 Elizabeth Emberton
4.10 Roger McGlaughlin
4.10 Brenda Tutterow
4.11 Brooke Burgess
4.12 Dave Cala
4.13 Rick Embrey
4.13 Donna Pfiester
4.14 Phouts Xayamath
4.17 Kristine Brown

4.17 Kim Cowan
4.18 Rudy Hampton
4.19 Michele Cambridge
4.20 Dawson Hall
4.20 Lauren Harden
4.20 Damon Peigh
4.21 Carla Henderson
4.21 Steve Memmer
4.21 Mitch Mitchell
4.22 Meg Douglas
4.22 Curtis Farley
4.22 Danny French, Sr.
4.22 Sarah Gentry
4.23 Madison Mondy
4.23 Shirley Sherer
4.24 Emma Holaday
4.25 Mary Koch
4.26 Evelyn Lineback
4.27 Ann Downing

4.27 Penelope Kallio
4.28 Emerson Brown



4.6 Mick & Cheryl Mayse
4.8 Joe & Jenny Moore
4.12 Mike Martin & Paula Loy
4.18 Rich & Kathie Kakoczki
4.24 John, Sr. & Sylvia Burgess
4.27 Kevin & Andrea Brown

Outreach Team News

On Thursday, March 6, 2025, 8 volunteers from CIUMC helped set up an apartment for Family Promise of Greater Indianapolis. The apartment was furnished and stocked with housewares donated by congregation members during February, and food provided by the Outreach Team. The Quilt Ministry team also provided three beautiful quilts for the apartment.

Family Promise of Greater Indianapolis began its Apartment Shelter Program in 2020 during the pandemic and has served 355 families since then! Prior to the pandemic, families were hosted by churches for one or two weeks at a time. Under the Apartment Shelter program, FPGI leases 20-25 apartment units in Indianapolis and hosts families who are experiencing temporary homelessness. The family works with a case manager to secure permanent housing as soon as possible (generally 30-90 days). The case manager also provides referrals and transportation to wraparound services like mental health evaluation and treatment, physicals/immunizations, childcare/school enrollment, employment search/prep/retention, and more. By providing families with their own apartments, the families are shown respect and extended dignity during an already stressful time in their lives. Often the children don't even realize they are staying in a shelter, therefore decreasing the trauma that is associated with being homeless. If the guest family wants to stay in the apartment and take over the lease, that is ideal. They keep the furnishings in the apartment. If they find a new place, Family Promise provides them with a Mustard Seed referral for furniture, Goodwill vouchers for housewares, and more. The now vacant apartment and its furnishings become a shelter for another family.

After securing permanent housing of their own, AfterCare case managers make monthly visits for up to two years to families who successfully complete the Apartment Shelter program. The visits will be more frequent based upon the needs of the family. They review their past month's budget and guide families through a monthly budgeting worksheet for the next month, refer and check in on health concerns, support the parents/caregivers in navigating the school system and their children's education, and more. More than 80% of the families are still housed after two years in AfterCare.

The family occupying the apartment we furnished consisted of a single mom, two sons (14 and 17) and a daughter (13). Approximately 8 months ago, mom lost her job due to having to take off multiple times to address behavior issues with one of her sons. Mom fell behind on rent. The landlord tried to work with her, but ultimately, she was unable to sustain the monthly payments. After the eviction, the family couch surfed, staying with multiple friends and family members for short periods of time. After exhausting all social resources, mom asked Family Promise for help.



From the Youth Department



PLACE TO GET PLUGGED IN
@CUMC_YOUTH_MINY

JAM? WE R 1? WAREHOUSE 242? Who are we? We are a group of youth from all different walks of life that love Jesus! Each week we meet at 5:30 pm for a meal, games, and lessons. Do all of the youth have families that attend our church? No, actually we have several youth that do not attend our church. Invite your friends and neighbors! We would love to have them join us!

Youth Upcoming Dates

- April 6- 5:30-7:30
- April 13- 5:30-7:30
- April 19- Easter Eggstravaganza 9am
- April 20- Youth serving Communion at 9 and 11:15 services
- April 20- Happy Resurrection Day! NO Youth Group
- April 27 - 5:30-7:30



IMPACT 2818: Outdoor Ministries

of the United Methodist Churches of Indiana



Camp is right around the corner! Middle School Camp and High School Camp will be held June 29-July 4. Scholarship codes are available from either Amanda or Terri. Register before price increase on April 20th. Camps are open to ages Kindergarten thru graduation year. Check them all out at [IMPACT 2818.org](http://IMPACT2818.org).

VBS 2025

**This year's Vacation Bible School will be July 6-10 from 6-8:30pm
Join us as we go on an adventure to the True North**



We will learn how to find our way in a world gone wild- by trusting JESUS! Thru out the week we will be hearing many of the stories of Jesus, such as His baptism, His teachings, His death and resurrection, and what are we supposed to do with it all! We are needing servants in all areas. Only available for one evening- that's perfectly fine. Reach out to Beth Hutson for more information on serving.

Next VBS workdays: April 3rd and 30th at 6pm.

Senior Spotlight



Ashley Embrey, daughter of Rick & Renee Embrey, will be graduating from Center Grove High School on June 1st, 2025. Ashley will receive an Academic Honors Diploma from CGHS. She is also graduating Magna Cum Laude from Vincennes University with an Indiana Core College certificate in May. Ashley has played tennis for her four years at Center Grove and two years of basketball. In the fall, she will be attending Purdue University and starting in their exploratory studies program.



Byron Hon, son of Susan Hon and the late, Don Hon and brother of Dominic, will be graduating from Perry Meridian High School on May 31st, 2025. He will continue his education at Wabash College, with a physical therapy major and playing football. Byron was selected for First Team All-County, All Conference and has been selected to play in the South All-Star game. He has participated in PMHS in track, basketball manager, student leadership, Best Buddies, and has been active at CIUMC youth group, youth leadership council, Camp Indicoso, and multiple CIUMC events.

Congratulations, Graduates!

CONGRATULATION TO OUR UPCOMING GRADUATES, both high school and college! This year we will be celebrating our graduates on May 25 during both services. During the Sunday School hour we will be serving graduates and parents breakfast in the annex. For us to properly prepare for this event and honor our graduates, please complete the form below and turn in to the office by May 18.

GRADUATE NAME: _____

PARENTS: _____

GRADUATING FROM: _____

PLANS AFTER GRADUATION: _____



ATTENDING BREAKFAST= _____

Easter Eggstravaganza!



EASTER EGGSTRAVAGANZA!!!!!!
FREE PANCAKE BREAKFAST AT 9AM
EGG HUNT AT 10:30AM
MUSIC, CRAFTS, AND MORE

Candy Donations Needed



CANDY DONATIONS NEEDED FOR OUR EGG HUNT!
Please help us offset the cost by donating bags of candy.
Please make sure candy is small enough to fit in eggs. (Note-
Smarties do NOT fit- they are too long) Please have candy
donations in by April 13th.



Faith Promise Sunday

April 27, 2025
9:00 and 11:15 Worship Services

2025-2026 Faith Promise information and pledge cards will be
mailed out soon.

As members of the United Methodist Church, embracing Faith Promise invites us to embark on a journey of faith. Through this commitment, we align ourselves with God's purpose, extending our reach to fulfill His mission.

2 Corinthians 9:7 (NIV): "Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver."

This verse reminds us of the importance of giving from the heart, as an act of faith and joy. Faith Promise is a testament to trusting in God's provision and a commitment to impacting lives through our collective mission efforts. We thank you for allowing us to support 9 different missions from within the walls of the church to over 8,000 miles away.

April is National Move More Month

By: Midori Adams

Among all of the other national holidays and celebrations for the month of April, a new one has captured my attention as a future health and fitness professional: National Move More Month. It may sound silly, but I believe this national awareness speaks volumes to the need for increased physical activity among the general population. Currently, only 24.2% of U.S. adults are meeting the Physical Activity Guidelines for Americans (CDC, 2024). We clearly have some work to do! National Move More Month is a perfect initiative to get adults more actively involved in their physical health and wellbeing.

The activity guidelines, taken from the American College of Sports Medicine (ACSM), recommend adults complete 150 minutes per week of moderate intensity exercise, 75 minutes per week of vigorous intensity exercise, or a combination of both broken up between at least 3 days a week (Liguori et al, 2022). And this is just for aerobic activity, or your cardiovascular fitness. How do you measure up? If you are new to fitness, this may seem overwhelming at first, but don't fixate on the intensities of your aerobic exercise. Instead, let's focus on small, effective ways to accumulate activity time throughout the week. This can be done by performing spurts of movement during the day!

So, what are some ways that you can increase your movement throughout your day? There are several ways that small movement time can add up:

- When running errands, park farther away to increase your daily step count
- Work at a desk job? Take turns sitting down and standing up while completing work
- Set reminders for yourself to stand or walk around throughout the day
- If working for extended periods of time, take 5 minute 'movement breaks' periodically, allowing yourself to stretch, move around and get your blood circulating more efficiently (there are several guided videos online)
- It's getting nicer outside, so go for a walk! Leisurely walking is better than none (and National Walking Day is April 2!)
- Join a fitness class (CIUMC offers one for older adults!)

Overall, there are several ways that you can fill your month with more movement, so I encourage you to think about the ways you can fill your April with activity. Now that it's National Move More Month, how will you move more?

References:

CDC, "FASTSTATS - Exercise or Physical Activity." National Center for Health Statistics, Centers for Disease Control and Prevention, 24 Sept. 2024, www.cdc.gov/nchs/faststats/exercise.htm.

Liguori, Gary, et al. ACSM's Guidelines for Exercise Testing and Prescription. 11th ed., Wolters Kluwer, 2022.

CIUMC Hikers



Lace up your hiking boots, grab a water bottle, and join us! After a hiatus during the cold winter months, it's time to hit the trails again! The CIUMC Hikers is for anyone interested in the peace that comes from surrounding themselves with God's Creation. Our first hike of the year will be Saturday, April 5th at 10am at Southwestway Park. We will meet at the trailhead inside the park at 8400 Mann Road to explore the 2.1-mile Southwestway Park Loop.



Sign up using [this link](#) or the QR code and join us for great fellowship and a little exercise. If you have any questions, please call or text Amanda Schnepf at (317)201-6769.

Silent Basket Auction



The Youth Camp Scholarship Silent Basket Auction is coming this month! All Auction Baskets need to be turned in by Sunday, April 13th at 8:30am. They will be available to be bid on that Sunday thru 11:10am on Sunday, April 20th. Baskets can be put together by Sunday school classes, groups, individuals, etc. They can be themed such as Colts, Italian Dinner Night, Outdoor fun, Kids basket, self care, etc. Our goal is to fund 2 camp scholarships this year! The full cost of camp is \$349 per youth, which is down from last year.

Prayer Shawls

We have some of the most talented and generous Crocheters and Knitters on the South side of Indy! Recently we had the privilege of displaying 40 of our newly created prayer shawls in the sanctuary during a 9am service. Pastor Greg acknowledged and prayed over all those wonderful shawls that were made with love.

Many members and attendees have expressed their gratitude for the privilege of being able to share one of the shawls with a friend or love one who was ill, grieving, or had a heavy personal burden. There have been many heartwarming moments shared regarding the joyful reaction of individuals who have received one of these.

A very big appreciative Thank you to each one of you who volunteer your time, talent, love and yarn to create these beautiful shawls. Anyone else who would like to make one or some are welcome and encouraged to join us. If you have any questions about contributing to this project, or learning how to obtain one for a special person, please call the office at 317-882-1549 for details.



United Women in Faith

We are inviting women of all ages to join us at our kick-off meeting of Women in Faith, a re-defined organization formerly known as United Methodist Women.



United
Women
in Faith

Our first meeting is April 6 at 5:00pm. Donna Pfister will be sharing the history and activities of the Quilt and Tea Ministry. Please bring a snack to share. We would love to see all of the women of the church fellowshiping together.

A Life of Empathy

Empathy is the ability to sense other people's emotions and imagine what someone else might be thinking or feeling. It involves understanding and acknowledging the feelings of another person by putting yourself in their shoes and seeing the world from their perspective. It is feeling with someone without bonding with them. Its like imagining a short walk in their shoes to get perspective.

Sympathy is different from empathy. It involves feeling sorry for someone. It is more of an external expression of emotion. It is a feeling for someone. Empathy is Good for your health. Focusing on others is important for them, but it is also good for us.

You know when you're having a rough day, and someone just gets it, That feeling of being seen and understood is empathy in action.

When we show empathy to people, we cultivate an openness and connection that helps everyone feel more supported and less alone. Empathy can be a true game-changer when it comes to caring for our well-being and relationships. When you know someone gets you, you're more likely to share your feelings. This openness can turn casual acquaintances into close friends and make good relationships even better.

This time of year, staying healthy gets a lot of attention. We get flu shots, cold medicines go flying off the shelves, and hand sanitizers are ever present. We all know that staying healthy is important. So here is another health tip: Empathy is good for your health. How can this be? Empathy is about focusing on the other person, how someone else is feeling, what they might be thinking, what it is like to be in the other person's place?

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While empathy is centered on figuring out what is going on for the other person, in that process, you nurture the important human need for connection and attachment for yourself as well. Empathy is the way that we feel understood and reciprocate those feelings. "I hear you" means something important is being exchanged between two people and gives us a sense of connection. Being connected to others is good for our well-being. It promotes the ability to understand others and therefore helps regulate our own emotions. Handling stress and being able to relate to others is very positive and important.

Empathy in action:

- Listen with your full attention. Try to feel what they feel and learn about different people and cultures. Practice makes it better. Listening is not a mandate to agree but is an attempt to understand.
- Be observant for facial expressions, gestures and posture. Silent signals can tell you even more about someone's feelings.
- Be aware of your own biases and what you "think" you know. Don't make snap judgments or conclusions. They may not want your opinion or answers at this time but just an ear and acknowledgement of their feelings. Proceed with discernment.
- Offer your support. E.g. Offer a helping hand, take time for active listening, nod your head to acknowledge that you heard their thoughts, vocally reiterate what you heard for acknowledgment.

Psychology today Dec. 2018. "Five ways empathy is Good for your health", Elizabeth A, Segal PhD.

Empathy definition/" What is Empathy" [https://greater food. Berkeley.edu](https://greaterfood.berkeley.edu).
[https://blog.calm.com/blog/ how- to- be- more-empathetic](https://blog.calm.com/blog/how-to-be-more-empathetic).



Christ Indianapolis United Methodist Church

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Website: christindyumc.com

OFFICE HOURS: Monday-Thursday 9:00 am - 1:00 pm

Friday - Office Closed. Appointments for other times can be arranged.

Church Staff

Greg Pimlott, Senior Pastor
Terri Haehnle, Business Administrator
Terri Haehnle, Christian Education
Jennifer Land, Preschool Director
Damon Cox, Facilities Coordinator
David Haehnle, Facility Maintenance
Becky Morris, Music Director
Patt Quattrocchi, RN, Parish Nurse
Rob Pfiester, Organist
Midori Adams, Media Technician

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The Six Pillars of Christ Indianapolis United Methodist Church

1. Fellowship
2. Service
3. Prayer
4. Community Outreach
5. Witness
6. Worship

Sundays

9:00 am: Traditional Worship
Sanctuary

10:15 am: Sunday School
(All Ages)

11:15 am: THIRST Worship in
Fellowship Hall